

Recommended Screenings and Immunizations for Women with High Risk Factors

Does your family history include?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
High blood pressure	Blood pressure test
High cholesterol	Cholesterol test
Diabetes	Blood sugar test
Heart disease; premature heart disease, heart attack	Blood pressure test; cholesterol test; exercise stress test
Breast cancer	Mammogram; ovarian screening tests
Cervical, uterine, or vaginal cancer	Pap test; pelvic exam; ovarian screening tests; colon screening
Ovarian cancer	Pelvic exam; ovarian screening tests; colon screening; clinical breast exam
Osteoporosis; bone fracture in adulthood	Bone mineral density test
Thyroid disease or thyroid cancer	Thyroid test and/or genetic counseling
Gum (periodontal) disease	Oral exam
Hearing problems; deafness	Hearing test
Vision problems; eye disease; blindness	Vision exam
Inflammatory bowel disease; colon polyps; colon, ovarian or endometrial cancer	Colonoscopy; sigmoidoscopy; DCBE; rectal exam; fecal occult blood test
Cancer, heart disease, or any illness at an unusually young age (50 or under)	Early screening tests, possible genetic counseling
Two relatives with the same kind of cancer	Early screening tests, possible genetic counseling
Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner
Are you?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
African American	Blood pressure test; cholesterol test; blood sugar test; vision exam; colonoscopy; genetic counseling for sickle cell anemia
Hispanic American	Blood pressure test; cholesterol test; blood sugar test; colonoscopy
Alaska Native/Pacific Islander	Blood sugar test
American Indian	Blood sugar test
Ashkenazi Jewish Descent	Genetic counseling for Tay-Sachs disease, if you want to become pregnant
Ashkenazi Jewish with family history of breast or ovarian cancer	Genetic counseling for possible BRCA1/2 mutation
Asian American	Blood sugar test
Age 65 or older	Bone mineral density test; flu vaccine; pneumococcal vaccine
Between the ages of 60 and 64, weigh less than 154 pounds, and not taking estrogen	Bone mineral density test
College age	MMR vaccine; varicella vaccine
Postmenopausal	Bone mineral density test
Pregnant	Blood pressure test; blood sugar test; urine test; HIV test; STDs tests; MMR vaccine; hepatitis B antigen test
A non-pregnant woman of childbearing age	MMR vaccine; varicella vaccine
A smoker	Blood pressure test; cholesterol test; bone mineral density test; oral exam; vision exam
Overweight	Blood pressure test; blood sugar test; weight
Living in prison	Tuberculosis (TB) test; HIV test; STD tests; hepatitis A and B vaccines
Living in long-term care	TB test; influenza vaccine; pneumococcal vaccine
A health care worker	TB test; influenza vaccine; pneumococcal vaccine; MMR vaccine; varicella vaccine; hepatitis B vaccine with post-vaccination testing to determine vaccine response
A health care worker exposed to blood	HIV test

Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
High blood pressure	Blood pressure test; cholesterol test; blood sugar test
High cholesterol	Blood pressure test; cholesterol test; blood sugar test
Heart disease	Blood pressure test; cholesterol test; blood sugar test; influenza vaccine; pneumococcal vaccine
Diabetes	Blood pressure test; cholesterol test; blood sugar test; vision exam; urine test
Gestational diabetes (diabetes during pregnancy)	Blood sugar test
A baby weighing more than 9 lbs.	Blood sugar test
Breast cancer	Mammogram; ovarian screening tests
Cervical, uterine, vaginal cancer	Pap test; pelvic exam; ovarian screening tests; colon screening
Ovarian cancer	Pelvic exam; ovarian screening tests; mammogram; colon screening
Previous abnormal Pap tests	Pap test; pelvic exam
Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle, or little physical activity; low body weight (less than 154 pounds) or a history of an eating disorder such as anorexia nervosa	Bone mineral density test
An autoimmune disease including lupus, multiple sclerosis, rheumatoid arthritis, scleroderma, psoriasis	Thyroid test; TB test; influenza vaccine; MMR vaccine; pneumococcal vaccine; autoimmune screening test; bone mineral density test
Chronic lung disease	Influenza vaccine; pneumococcal vaccine
Chronic liver disease	Hepatitis A vaccine; hepatitis B vaccine
Thyroid disease	Thyroid test; influenza vaccine; pneumococcal vaccine; bone mineral density test (of hyperthyroid)
Gum (periodontal) disease	Oral exam
Colon polyps; Inflammatory bowel disease	Colonoscopy
A developmental delay	Vision exam; hearing test
Eye injury or disease	Vision exam
Ear injury or prolonged exposure to loud noise	Hearing test
HIV/ AIDS	Oral exam; vision exam; Pap test; pelvic exam; TB test; thyroid test; STDs tests; influenza vaccine; pneumococcal vaccine; hepatitis screening; hepatitis A, B vaccines
A blood transfusion or solid organ transplant prior to 1992	Hepatitis C test
Received clotting factor concentrates made before 1987	Hepatitis C test
A blood transfusion prior to 1985	HIV test
Multiple sex partners (self or a partner)	STDs tests; HIV test; hepatitis B vaccine; Pap test; pelvic exam
Alcoholism	Pneumococcal vaccine; TB test; psychological screening; liver tests
Injection drug use (IDU)	Hepatitis A, B vaccines; hepatitis C test; TB test; STD tests; HIV test; psychological screening
A sexually transmitted disease (STD)	STD tests; HIV test; Pap test; pelvic exam; hepatitis B vaccine
Lived or worked with someone exposed to Tuberculosis (TB)	TB test
A serious injury (cut or laceration)	Tetanus-Diphtheria booster vaccine
A baby recently (within the last few weeks /months)	Post-partum depression screening

This chart lists screenings or tests you might need more often or earlier due to having high risk factors, or things in your life that increase your chances of developing a condition or disease.

For More Information:

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